

HIGH FLYER

IN GOD WE TRUST, ALL OTHERS WE MONITOR

VOL. 10, ISSUE 12

SERVING THE BEALE AIR FORCE BASE, CALIF., COMMUNITY

MARCH 24, 2006

Airman Battle Uniform finalized

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON — The new Airman Battle Uniform is ready for production and will be available in fiscal 2007, said the Air Force deputy chief of staff of personnel.

Many factors were considered in developing the final uniform selection, with the concern for Airmen being at the top of the list, said Brig. Gen. Robert Allardice.

"We were looking for a uniform that would be easier to maintain," he said. "We wanted to provide a uniform that the Airman wouldn't need to spend a lot of out-of-pocket expenses to maintain."

Also, Airmen's feedback throughout the process was beneficial in adding new pockets on the uniform.

"We listened to the Airmen's request where they wanted pockets to hold small tools and when they wear body armor the existing shirt pockets are not accessible or usable," General Allardice said. "It will have the four pockets on the front of the shirt, and also a small pencil pocket on the left forearm and two pockets on the lower legs. In addition, inside the side pockets and inside of the breast pockets there will be smaller sewn-in pockets to hold small tools, flashlights or

cell phones."

The new uniform design is a pixelated tiger stripe with four soft earth tones consisting of tan, grey, green and blue.

The ABU will have a permanent crease and will be offered in 50-50 nylon-cotton blend permanent press fabric eliminating the need for winter and summer weight uniforms.

Will the new ABU need to be starched and pressed?

"Absolutely not," he said. "Our uniform requirement is we want a uniform that you wash, pull it out of the dryer, and wear it. This requirement meets the ease and cost effectiveness needs in maintaining a uniform."

He speaks from personal experience and added that in the long run it will save Airmen money on dry cleaning costs.

"I tested this uniform. I wash it, take it right out of the dryer and wear it," General Allardice said. "We don't want people putting an iron to it."

The fit of the uniform was also a concern for Airmen.

"We're making them available in more sizes to fit the body better," he said. "We've taken the time to produce more sizes and tailored them for men and women."

Some other ABU accessory items:

— A tan T-shirt will be worn; Airmen will be required to maintain one tan T-shirt with an Air Force logo on the front and Air Force written on the back.

— Suede cowhide boots in matching green-gray color; like the desert boot these will be polish-free and available in men's and women's sizes.

— The word color for the name, U.S. Air Force, and rank is midnight blue; nametapes and rank insignia background will be tan and will be sewn on using a matching tan color thread.

— The ABU adopts the battle dress uniform hat style for primary use and the floppy hat design will be used in some deployed areas.

"This is the uniform of the future," General Allardice said. "Eventually when enough of these uniforms are manufactured, we will phase out the BDU and desert combat uniforms."

The current projected mandatory wear date for the new ABU is fiscal 2011.

The only thing that needs to be determined is if patches will be worn and the Air Force chief of staff will make that determination soon, General Allardice said.



(Air Force photo illustration)

E-mail 'phishing' scam targets TSP participants

By Samantha Quigley
American Forces Press Service

WASHINGTON — Participants, as well as some non-participants in the Thrift Savings Plan, are targets of a "phishing" scam, an official with the board administering the program said today.

Tom Trabucco, director of external affairs for the Federal Retirement Thrift Investment Board, said phishing is an "attempt to get recipients of the unsolicited e-mail to compromise themselves by giving up their personal financial information."

see TSP, page 3

Optometry flight keeps mission in sight

By Airman 1st Class George Cloutier
9th RW Public Affairs

Are those street signs looking a little fuzzy these days? Is it hard to tell how many calories are in that soft drink? If so, it may be time to call the optometrist.

The 9th Medical Operations Squadron Optometry Element is there for all sign-missers and soda-starers alike on Beale. Whether it's a new problem or a new pair of glasses, the optometry has the equipment and know how for the job.

Conducting exams and having people stand on the line and cover one eye isn't the only thing they do. Ensuring the war fighter's ability to see well enough to perform their duty is a big responsibility.

"The benefits we provide are obvious," said Maj. Michael Osterhoudt, 9th Optometry Element Chief. "Having good vision and sight is important to any job, whether you're a policeman, a pilot or an air traffic controller. Even people who spend most of their day working at a computer need good vision."

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Car buying doesn't have to be a hassle. Get some tips on Page 10...

UCI Countdown:
45 days

OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open

Line. If you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number:

634-8888

Open Line e-mail:

9RWPA@beale.af.mil

Brig. Gen. Lawrence Wells, 9th Reconnaissance Wing commander, receives an American Legion Proclamation from John DeBeaux, Yuba City post commander. (Courtesy photo)

CSAF writes letter thanking Airmen

By Gen. Michael Moseley
Air Force chief of staff

To the Airmen of the United States Air Force:

Yesterday marked the third anniversary of Operation Iraqi Freedom and the removal of an oppressive, dangerous regime.

This was the culmination of a joint and coalition intense effort on land, sea, and air. I want to take this moment to say thanks for all your sacrifices ... and to let you know that you are doing awesome work. In OIF, within the Joint Force, our Total Force — active, guard, and reserve Airmen — grounded the Iraq air force, destroyed the combat effectiveness of the Iraqi ground forces, blinded the Hussein leadership and paved the way for a series of ground battles that saw Baghdad fall in 22 days.

Your innovation and flexibility made the difference, whether it was Airmen decisively striking Republican Guard formations; in orbits over every Iraqi airfield; embedded with ground forces; launching and orbiting satellites high overhead; controlling unmanned aerial vehicles; or airlifting critical supplies and troops.

And today, you continue to provide air support to the combatant commanders around the world, while also flawlessly performing non-traditional missions like base defense and convoy operations.

Your contributions to the spread of freedom and democracy did not begin three years ago; the Air Force has been at war continuously for over 15 years — since the opening rounds of Operation Desert Storm and through twelve years of no-fly zone operations.

And although Iraq is receiving the majority of attention, Operation Enduring Freedom and Operation Noble Eagle remain critical to winning this Long War. The Global War on Terror has now lasted 10 months longer than our nation fought in World War II.

This is a joint fight, across the world where we have a vital role. Meanwhile, things have been fairly quiet on the home front, and that's good. That means we are doing our job well. You are protecting America by monitoring intelligence, sitting alert, and flying patrols over our cities.

By protecting our homeland and fighting the enemy on their turf, you are keeping your family, friends, and the

American public safe. Our mission is to fly and fight and win our nation's wars — and you're doing just that.

You are making a difference. I am proud of you. America is proud of you. You are helping to rebuild countries and protect fledgling democracies in Iraq and Afghanistan, while keeping America out of harm's way. Hurricanes Katrina and Rita, the Pakistani earthquake, Philippine landslides and, most recently, floods in Hawaii, brought out your best as well, as you pitched in side by side with allies and joint partners providing humanitarian relief across the globe and in our own backyard.

You are the most combat experienced, battle-hardened Airmen since WWII. You are successfully doing whatever is asked of you across the domains of air, space, and cyberspace — you are always there.

Thanks for all that you're doing — it matters. Your tireless efforts keep this the best Air Force the world has ever seen, ready to lead or support the joint fight anywhere, anytime.

You are making it happen in Iraq, Afghanistan, in the skies over America, and anywhere our nation needs us. Keep it up and keep 'em flying!

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Sortie Update

as of March 20

	1st RS	99th RS
Aircraft	U-2 T-38 U-2	
Goal	82 328 130	
Flown	47 198 91	
Ahead/Behind	-8 -26 4	

BAADD SAVES

48

THIS YEAR

CALL
634-5555
FOR A SAFE RIDE HOME

WHERE IN THE WORLD IS TEAM BEALE?



TSP from page 1

Thrift Savings Plan administrators would never request personal or financial information via e-mail, Mr. Trabucco said.

"Do not respond to unsolicited e-mail, and never give out information of a personal nature (through) unsolicited e-mails," he said.

The Federal Retirement Thrift Investment Board alerted Thrift Savings Plan coordinators to the scam in a March 17 memo, the day after the scam was discovered. The memo described it as an unsolicited e-mail with a link to a bogus Web site appearing to be the thrift plan's account-access site.

The bogus site asks for a recipient's social security and Thrift Savings Plan personal identification numbers. Entering this information takes the user to another screen where they are asked for financial information, including a credit card number, he said, adding that this information can be used to steal an individual's identity.

As long as participants have not responded to this scam e-mail, their accounts have not been compromised, investment board officials wrote in

the memo. Those who did respond should contact their financial institutions immediately for guidance. They should also call the Thrift Savings Plan at (877) 968-3778 and ask to have their account access blocked, according to the memo.

Phishing e-mails generally appear to be from a business or organization the recipient may deal with, according to a Federal Trade Commission Consumer Alert issued in June 2005. It may request that the recipient update, validate or confirm account information, the alert said.

Participants are encouraged not to attempt to access their accounts by clicking links offered in any e-mail, according to the memo. Only by opening a new Internet browser and typing the Thrift Savings Plan's Web site into the address field can a participant be sure of accessing the authentic thrift plan Web site.

The thrift plan is a retirement savings plan for 3.6 million federal civilians and servicemembers, Mr. Trabucco said. Officials don't know how many plan participants the scam has affected, but the FBI is investigating.



By Chief Master Sgt. William Reinhardt
9th Aircraft Maintenance Squadron

Purpose

What is your purpose? One can say it is an object toward which one strives or for which something exists; an aim or a goal. In the very simplest form, no one lives without a purpose or goal. Are you aware of yours? Each one of us has a purpose -- some individuals display purpose more obviously than others. Do you try to achieve purpose for self-satisfaction, professional improvement or personal and private goals? Could it be a promotion, a CCAF degree, a skill or simply to do your task or military profession the very best you can?

Most of us enter the military with a purpose. It could be as simple as a job, family tradition, to receive an education, or a desire to serve your country. To achieve your purpose is to understand what your purpose is. Each of us, knowingly or unknowingly, do this each day. Motivation is the key -- adjusting, reacting and developing additional skills to better yourself toward excellence, understanding or improvement

to succeed in accomplishing your purpose. Motivation should be accompanied with intention, drive and desire. Without these characteristics, your purpose may become unachievable or difficult to overcome. These characteristics may cause you to develop different skills, improve others and even create another purpose. In the end, it is your purpose the Air Force uses each day to achieve its mission goals.

The Air Force thrives on individuals with a purpose. Its goals translate into our motivation. Each day we arrive at our duty section to achieve this purpose, returning the next day in an attempt to complete it again. Without motivation along with intention, drive and desire to achieve this purpose the Air Force mission will not succeed. Unknowingly your purpose is a direct reflection of the Air Force achieving its mission goals. Just think, the reason you entered the military could have been to simply have a job, a family tradition, receive an education, or a desire to serve your country. Yet it is your motivation to achieve your purpose that enables the Air Force to achieve its mission. Are you motivated by your purpose?

**WARRIOR SPOTLIGHT****Tech. Sgt. Gerry Pennington**

Unit: 9th Communications Squadron

Job: NCO-in-charge of the network training center

Hometown: Vernon, Ala.

Air Force goals: To meet every challenge with a positive, can-do attitude and always give 100 percent ... regardless of the task

Time in the Air Force: 16 years

Hobbies: Spending time with my family, working on cars and motorcycles, and learning as much as I can about information technologies

The thing I like best about Beale

AFB: My job and being assigned to the 9th Communications Squadron



Tech. Sgt. Gerry Pennington, 9th CS, teaches a student about a computer component during a recent Client Support Administrator course. (Photo by Airman Robert Biermann)

SIGHT from page 1

Maj. Michael Osterhoudt, 9th Medical Operations Squadron Optometry Element Chief, checks for the correct contact prescription Monday at the Optometry Clinic. (Photo by Airman 1st Class George Cloutier)

Good vision is so important that deploying members must visit the optometry flight as part of their pre-deployment checklist.

"We support the mission by making sure people have their requirements before they deploy," said Staff Sgt. Jose Diaz, MDOS, Optometry Element NCO-in-charge. "Those requirements are two pairs of glasses and their gas mask insets."

Of course it's not just deploying members who come by. The clinic treats many clients for a variety of conditions.

"We see everyone, active duty, dependants and retirees," Sergeant Diaz said. "Usually people come here to get their eyes checked out to determine if they need glasses or not. Others come by just because they want to know if their eyes are healthy."

Before receiving their glasses, individuals go through a series of procedures that determine if they need them, as well

as looking for abnormalities or other conditions.

"We start out by testing their visual acuity," Sergeant Diaz said. "That is where we have them stand on a line, cover one eye and read off the eye chart. This gives us an idea of where a person may be at. Then we ask them about their personal and family medical history. After that, we sit them behind a machine called the auto-refractor. This machine will give us a rough estimate of their needed prescription. Next, we do a non-contact tonometry, which checks for eye pressure. The reason we check for that is because one of the big indicators of glaucoma is elevated eye pressure. After they're done on the technician side, they go see the doctor. The doctor will determine their prescription, health of the eye, retina, vitreous and lense. He also checks for abnormalities of the eye, as well as the pupils and the extra-ocular muscles.

If after completing the previous tests it is determined that

the individual needs glasses, the patient has a few options on how to obtain them based on who the individual is.

"Active-duty members can get a pair of their choice of frames, as well as a pair of the brown military issue glasses and gas mask insets," Sergeant Diaz said. "All these are free to the active-duty member."

However, the situation is a little different for dependants and retirees.

"Dependants can get prescriptions, but they're not entitled to glasses," Sergeant Diaz said. "Retirees are given one brown pair of military issue a year."

After all the routine procedures are completed, there are still specialized tests that can be preformed for those individuals who may still require them.

Based on the doctor's findings, specialized testing may be required," Sergeant Diaz said. "One the tests we do here are procedures such as retinal photography, where we take a digital picture of the interior portion of the eye. We can also perform a visual field analyzer test, which is important for people with glaucoma and diabetes, because it allows us to determine if there is any visual loss. We also have the corneal topography machine, which aids us in diagnosing and treating conditions such as keratoconus."

Some of the diseases that affect the eyes are very serious, and can lead to eventual blindness.

For more information on services provided by the optometry clinic, check out the Optometry Element's Web page by going to the Beale home page. Click on groups and the 9th Medical Group, then the 9th Medical Operations Squadron. At the bottom of the 9th MDOS page will be

a link for the Optometry Element.

Reach for the Stars!
Advertise in the High Flyer
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Contact Megan Franz for display ads
749-2989 • megan@beaumont.com

Community Briefs

Deadline for High Flyer submissions

The deadline for submissions to the High Flyer is Friday the week prior to the desired publication date. Submissions are printed based on a space available basis.

Any submissions submitted after the deadline will not be published until the next week. News briefs will run for no more than three consecutive weeks. For questions or more information, call 634-8887.

Volunteer of the Quarter

The Volunteer of the Quarter award has been established to recognize Beale personnel for their volunteer service and enhance their visibility throughout the base. This award consists of four different categories: military, civilian, community and youth volunteer.

All military, federal civilians, family members and retirees are eligible to be submitted for the award. Awards should be submitted on the Air Force Form

1206, Nomination for award, in an original and four copies. Nominations should be five to 10 bullet statements highlighting the volunteer's most significant accomplishments within the January through March quarter.

All packages are due to the Family Support Center by April 6. For more information, call Elizabeth Kim at 634-2863.

Patient shuttle service to Travis

The 9th Medical Group now offers both a morning and afternoon shuttle service between Beale and the David Grant Medical Center at Travis Air Force Base for medical appointments.

Active-duty members must have a government license to operate the shuttle. To reserve a seat in the shuttle or for more information, call 634-4001. Seats on the shuttle must be reserved no later than two duty days prior to departure.

New Brown Bag University class

An Intro to Speech class from Brown

Bag University will begin in August in the 9th Maintenance Squadron conference room in Building 1086. The class is offered by Yuba College and is held during lunch, four days a week for nine weeks. For more information or to sign up, e-mail brian.schick@beale.af.mil. A minimum of 15 people are needed.

0-0-1-3 Design Competition

The Beale 0-0-1-3 committee is holding a competition to design a street sign. The idea behind this competition is to promote, educate and remind the community on the benefits of 0-0-1-3. The winner will receive \$50.

The sign will be placed at the exit of some of the gates. Entries must be submitted no later than March 31. For more information or to submit a design, e-mail richard.potocki@beale.af.mil.

2006 Beale Club Softball Team

The tryout dates for those interested in playing for the 2006 Beale Club Softball Team are today from 4 to 6 p.m.

and Saturday from 10 a.m. to 1 p.m. For more information, call 2nd Lt. James Steger at 634-5053 or Tech. Sgt. James Kasch at 634-5499.

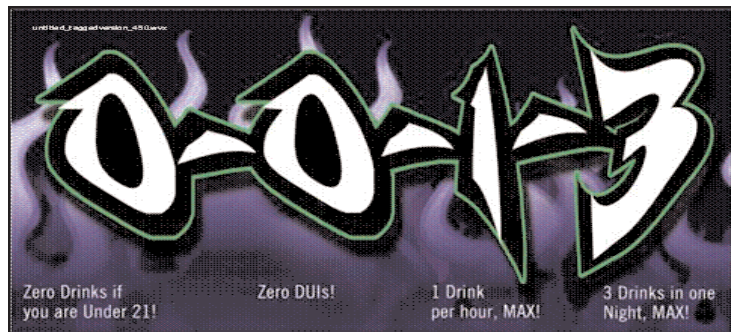
Free pizza

Anyone who visits a BloodSource center mobile blood drive to donate blood this month will receive a coupon for a free personal one-topping pizza from Round Table Pizza.

Coupons will be given to anyone who visits the Beale blood drive on Tuesday from 10 a.m. to 4 p.m. at the Omni. Donors must be at least 17 years old (16 with parental consent), weigh at least 110 pounds, and be in generally good health. For more information, call 893-5433.

Chapel job openings

The Chapel has openings for the following positions: pianist for the Protestant Praise service, two openings for child care providers and one for an accounting technician. For more informa-



Beale Airmen Against Drunk Driving

6 3 4 - 5 5 5 5

COMMUNITY from page 5

tion, call Tech. Sgt. Greg Volkman or Ch. (Maj.) Linda Olson at 634-4701.

TAP workshop

The next Transition Assistance Program workshop is scheduled for April 3 through 7, Monday from 8:30 a.m. to 4 p.m. and Tuesday through Friday from 8 a.m. to 4 p.m. The workshop is designed to help members make a smooth transition into the civilian community and find employment faster.

Members who are separating must also complete a mandatory pre-separation briefing. A draft resume is also needed for the workshop. The TAP will help people learn about VA benefits and have their medical record reviewed. For more information, call the FSC at 634-2863.

E-TAP workshop

This TAP seminar is scheduled from April 25 through 28 from 8 a.m. to 4 p.m. and is open to senior enlisted (E-7 to E-9) and officers (O3 and above). Spouses can register and attend with military member. This workshop focuses on positions with higher level of re-

sponsibility and has medical record review plus VA benefits. For more information, call the FSC at 634-2863.

Retiree Information desk volunteers needed

The Retiree Information desk in the lobby of the clinic is in need of two or three people for three-hour shifts Monday to Friday from 9 a.m. to 12 p.m. Any adult with an ID card is qualified. For more information leave a note in the clinic lobby or call John Lanigan at 821-0529.

General Arnold Education grant

Anyone who has applied for the Air Force Aid Society General Arnold Education grant, by return mail may have gotten a packet with something called a Family Financial Data Form. It is a supplemental form seeking specific financial information and a grade point average verification form.

Do not neglect to fill these out; it is part 2 of the application. Complete both forms and mail them in right away. The receipt deadline is April 15. For more

information, call the Family Support Center at 634-2863.

CPR class

The 9th Medical Group sponsors an Infant and Child CPR class on Wednesday for anyone wishing to learn the skills of CPR and relief of airway obstructions. The class will be held in the clinic in the Clinic Conference Room from 5 to 7 p.m. Space is limited. Those who attend will receive a certificate of completion at the end of the class.

For more information or to sign up, e-mail Capt. Leah Holland at leah.holland@beale.af.mil.

Project officer needed

A project officer is needed to plan an observance for Asian-Pacific American Heritage Month from May 1 to 31.

This month commemorates the contributions Asian Pacific Americans have made to society. Any enlisted, officer or civilian personnel interested must apply before April 1 at Military Equal Opportunity in Bldg. 2179. For more information, call MEO at 634-2077.

Open house

The Wheatland Charter Academy's open house is scheduled for Thursday from 5:30 to 6:30 p.m. at the Lone Tree Elementary School. The academy offers Montessori-style classes for children in grades kindergarten through fifth grade. For more information, call 788-2097 or 788-0248.

Airman's Attic

The Airman's Attic is open to assist airmen basic to staff sergeants who are new to Team Beale or have unexpected family situations that arise, free of charge. Stop by 5114-A Tern Court (near the housing fire station) and see what they have to offer. The Attic is open Mondays and Wednesdays from 10 a.m. to 1 p.m. and Fridays from 10 a.m. to 4 p.m.

For emergencies, the Attic is available after hours through the unit first sergeants. Military ID cards are required at check in. Donations and volunteers are always needed. For more information, call 788-2993.

see **BRIEFS**, page 7

BRIEFS from page 6**USDA food pickup**

The USDA Food Pickup is held the last Friday of every month for Beale housing residents. All pickups are at the Foothills Chapel in base housing. Pickup times are from 10 a.m. to 2 p.m. For information, call 634-5938.

Education Center

The Beale Training and Education Center offers an extensive array of on-base programs. The center is open Monday through Friday from 7:30 a.m. until 4:30 p.m. Call 634-2525 for more information or to schedule an appointment.

Beale Tax Center Update

The Beale Tax Center has currently prepared 1,229 returns, saving \$155,010 and given refunds of \$1,601,079.

The Tax Center is open Mondays through Fridays from 9 a.m. to 3 p.m. for appointments and walk-ins. For more information, call 634-5395.

Volunteer opportunity

Mercy Housing, a non-profit agency providing affordable housing to families that are economically challenged, is once again requesting Team Beale volunteers to help tutor and mentor youth in an after-school program. Tutors are needed in grades 5 through 12 to tutor basic studies such as math, English and some sciences. This is an on-going commitment during the school year. For more information, call Margaret Norton at 674-8130 or email at mnorton@mercyhousing.org.



Walking through history

Members of Team Beale take a moment to read about important women in history during the "Walk Back-In-Time" event held at the Coyote Run Golf Course on Wednesday. The walk invited guests to read displays to educate themselves on women's history. March is Women's History Month. (Photo by Randy Gon)

Foothills Chapel

*15001 Camp Beale Highway
(Family housing area)*

Protestant "Praise" worship service
Sundays, 9 a.m.

(includes "Parents' Nursery" and
children's church)

Catholic Mass

Sundays, 10:30 a.m. and 5 p.m.

Catholic Reconciliation

Sundays, 10 a.m. and 4 p.m.

Catholic daily Mass

Mondays through Fridays, 11:30 a.m.

Valley Chapel

6199 C St. (Main base)

Islamic worship

Every other Friday, 1 p.m.

Gospel Protestant worship service

Sundays, 11 a.m.

(includes children's church)

Protestant Programs: Sunday School (10:30 a.m.) at Lone Tree Elementary. AWANA on Mondays and JV-Varsity on Tuesdays, 6-8 p.m. at Foothills Chapel. Protestant Youth meets Tuesdays at 5:30 p.m. at the Valley Chapel and Sundays at 6:30 p.m. at Foothills Chapel.

Protestant Bible Study Groups: Men - Second & fourth Sunday, Valley, 5 p.m. and Wednesday, Valley, 7 p.m. Women - Tuesday, 9-11 a.m. Foothills (children welcome) Thursday, 6:45 to 8 p.m., Valley.

Catholic Programs: Religious Education - preschool-12, Sundays 9 a.m. at Lone Tree Elementary School. RCIA, Catholic Youth, CWOC, CMOC and Adult Bible Study call Leila at 634-4707.

MOPS (Mothers of Preschoolers): Second & fourth Thursdays at Foothills Chapel.

Questions concerning marriages, baptisms, choirs, Navigators, and Officer Christian Fellowship can be directed to the chapel staff at 634-4701.

Beale Bijou

634-2521



Friday evening
**When a Stranger
Calls**
(PG-13)

Camilla Belle, Katie Cassidy

While babysitting, a high school student is terrorized by a stranger who calls her, asking "have you checked the children lately?" The police eventually notify her the calls are coming from inside the house.



Saturday matinee
**Herbie: Fully
Loaded**
(PG)

Lindsey Lohan, Michael Keaton

Maggie Peyton, the first Peyton to graduate from college, receives a graduation present from her dad and, as she's about to get a 250Z, she instead receives a Volkswagen Bug (Herbie) and Herbie takes her for a ride. Herbie takes her to "Kevin's Custom Car Shop" where they take Herbie for a test drive and end up at a car show where Herbie beats all-time racer Trip Murphy in an impromptu street race. Trip demands a rematch and attempts to discover the secret behind Herbie. But Maggie's biggest challenge isn't the up-coming Daytona 500, It's proving to her dad that she's good enough to be the next great Peyton.



Saturday evening
Final Destination: 3
(R)

*Mary Elizabeth Winstead,
Ryan Merriman*

When a high school student fails to stop the fated roller coaster ride that she predicted would cause the deaths of several of her friends, she teams with a schoolmate in a race against time to prevent the Grim Reaper from revisiting the survivors of the first tragedy.



Wednesday 6 p.m.
Something New
(PG-13)

*Sanaa Lathan, Simon Baker,
Mike Epps*

Kenya, a professional African-American woman, is shocked to discover that she's falling in love with a white landscaper.

Matinees play at 1 p.m.

Evening movies play at 7:30 p.m.

unless otherwise specified.

The cost is \$3.50 for adults & \$1.75 for children.

Cars and cash: how to get more for your money

By Airman Robert Biermann
9th RW Public Affairs

Who wouldn't like to save thousands of dollars on their next car purchase?

"With the help of a few Web sites and some dealership negotiating I was able to help a client save over \$5,000 on a new vehicle," Greg Simon, Family Support Center financial planner, said. "That's \$5,000 a single mom can use for her family."

There are many resources that can help people search for vehicles and better yet, search for the best deals.

"Car buying can be a very nerve-racking experience, if you let it be," said Mr. Simon. "On the flip side, it can and should be a very easy process."

Below are four steps to consider when purchasing a new or used vehicle:

Select two to three vehicles in a specific category, such as a truck, car, van or sport utility vehicle.

"Don't cut yourself short by choosing one vehicle; you limit your options," Mr. Simon said. "Also, don't be biased when searching. Many consumers only stick with one manufacturer. Most importantly, stick within your budget. Don't worry about a 'dream car' that could put you in debt."

Find out how safe the vehicle is and research if it is a good value.

The National Highway Traffic Safety Administration Web site, <http://www.nhtsa.dot.gov>, logs consumer vehicle complaints, lists crash test and rollover ratings and also has links for child car seat safety ratings and tire safety ratings.

It would be useless to save on a vehicle that won't last the length of time you wish to own it and won't protect you and your family, Mr. Simon said.

The Family Support Center and Base Library have many informational tools such as Consumer Reports that can also assist in the shopping process.

"Consumer Reports is a great resource," Mr. Simon said. "This non-profit organization is run by consumers who care about other consumers. They test many products and inform others about the best ones."

Additionally, the FSC recently acquired more than 500 free CARFAX reports so those thinking about buying a used vehicle can see just what that vehicle has been through.

"Today two people came in to get histories on prospective vehicles," Mr. Simon said. "In the last month, we have had a number of surprises when the CARFAX report showed that a few cars were 'totaled' and one vehicle's speedometer was tampered with."

The FSC has many other Web sites to help that anxious buyer find just where to get the perfect price.

Negotiate.

"Car prices are based on supply and demand economics," Mr. Simon said. "By researching the Web, it is clear to tell which cars are in high demand. For example, according to <http://www.edmunds.com> the difference between the dealer price, the invoice and what others are paying, true market value, is about \$2,000. In this case, this would be a car that would be almost impossible to negotiate on. Additionally, look on the home page of <http://www.edmunds.com> and look for incentives."

The best way to negotiate a vehicle is to stay out the dealership, Mr. Simon said. To level the playing field, communicate with the dealerships via the Web or e-mail, Mr. Simon said. Once you find out what the true market value is, simply cut and

paste it in an e-mail to the dealer. Include the vehicle you are interested in and when you would like to buy it. Send this e-mail to two or three dealerships outside your local area and wait for offers.

Ask the dealership if they can beat the true market value and if so, at what price? "The majority of dealerships will respond positively and quickly," Mr. Simon said. "On a car I recently bought, eight of eight dealers responded within one day. In turn, forward your best offer to other dealerships that aren't in the local area. Save the largest dealership for last and don't send an offer to it. Bring your best offer or offers to this dealership and see if they can beat the price by \$200. Since dealers have quotas, the best time to negotiate is at the end of the month, during the week and shortly before closing. Take the final price quote into the dealership and have them beat the fi-

nal price. This is how I've helped others save thousands."

Secure a loan.

"Loans must come separate from the deal," Mr. Simon said. "Dealerships would like to offer you a loan from their lending institution; however, this may cost you over \$1,000 at the end of the loan. Again, check out the incentives on the home page of <http://www.edmunds.com> to search for the best deal. In addition, find out what the going rates for auto loans are on <http://www.bankrate.com>. If the loan is better on bankrate then see if the dealership will negotiate."

Since loans are based on credit, consumers should ensure there are no surprises or mistakes on their credit report, by visiting <http://www.annualcreditreport.com> and checking out the credit score, Mr. Simon said.

For more information about purchasing a vehicle, call the FSC at 634-2863.



Car buyers can save a lot of money and time by doing their research before buying a car. (Photo by Airman Robert Biermann)



FAILING TO "DRINK RESPONSIBLY" IS FAILING TO MEET STANDARDS



David Smile, 13th IS, launches to the net for two points in the 73-36 win over the 9th IS Monday at Harris Fitness Center. Smile contributed 15 points to the 13th's 73. (Photo by Airman Robert Biermann)

Hangin' tough...

9th IS tries to hang in game, but is instead cut down by 13th IS, 73-36

*By Airman Robert Biermann
9th RW Public Affairs*

The 13th Intelligence Squadron destroyed the 9th Intelligence Squadron, 73-36, in an intramural basketball game Monday at the Harris Fitness Center.

"It was great to get out and have a nice competitive game," said Donald Kunkel from the 13th IS. "The team played really well for only having five members present, one of which wasn't even one of our guys. We're having a great season at 5-0 and are looking forward to the tournament."

Kunkel only scored two points in the first half but dominated the second with 14 points, six 2-pointers and went 2-for-2 at the free throw line.

Throughout the game, the 13th was more than 50 percent at the free throw line where the 9th was less than 20 percent.

Where the 9th slowly moved the ball and was easily "picked," the 13th continuously and speedily moved the ball. The

13th stole the ball over a dozen times during the game.

The 9th loosely guarded the 13th and were scored on six times at the 3-point line, but the 9th also inflicted a large blow to the 13th at the 3-point line, sinking five.

The 13th's "guest" player, Aaron Washington, a Guardsman from Reno, only scored four points but contributed greatly in rebounds.

"I've had a great time playing with these guys," said Washington. "I'm only here TDY, but these guys have made me feel very welcome and made me part of their team."

Amanda Elkin had the most points for the 9th with 15, three 2-pointers and three 3-pointers.

The 9th gave their all throughout the game, but were no match for the 13th, who remained on their toes the entire game and ran circles around them.

For tournament details, call the Harris Fitness Center at 634-2258.

Living wills: important tool to avoid confusion

*By Airman 1st Class George Cloutier
9th RW Public Affairs*

It's not a subject most people like to think about. For the most part, many never really do until it's staring them in the face.

When someone is incapacitated, or even worse, killed, it often means that the person's loved ones are left with the responsibility of making decisions for their family members that they think the person would want.

This can be a very difficult process and sometimes result in unnecessary disputes between family members.

To avoid unnecessary conflict and confusion, and ensure that the actions are actually taken according to what the incapacitated or deceased individual would have wanted, there are a couple of legal documents that can be done.

Both of these documents are available at the 9th Reconnaissance Wing Legal Office.

"There are two main legal instruments we offer," said Capt. Daniel Schoeni, 9 RW Legal Office chief of claims. "One is a medical power of attorney and the other is a living will."

The concept behind the documents is straight-

forward.

"The medical power of attorney gives a person you trust the right to make decisions for you regarding your medical treatment in the case that you cannot," Captain Schoeni said. "What it indicates is that you want doctors to remove you from life support under certain circumstances, possibly because you don't want to burden your spouse or whoever else is taking care of you."

This is a very controversial issue which may make some people uncomfortable, but it's better not to leave your loved ones guessing than not say anything at all.

"It's better to clarify what your preference is," Captain Schoeni said. "Some people don't feel that it is ever right to remove someone from life support. Either way, you want a medical power of attorney."

Because people have different opinions on the subject, it could happen that two family members disagree on the treatment of a loved one, making the situation very complicated.

"Sometimes, when the medical power of attorney is not established, there are disputes within the family as to who makes the decision," Captain Schoeni said. "This is what happened in the Terry

Schiavo case."

Though it may be a hard thing to swallow, there is no one who is exempt from the hardships and mishaps of life.

"Anybody could use one because you never know," Captain Schoeni said. "Hopefully you'll never need it. The best thing you can do is prepare for the worst."

The other piece of paperwork that can be of assistance is a will.

"A lot of times people realize things they normally wouldn't think about when they come in here to talk to us," Captain Schoeni said. Perhaps the reason is because such things are not entirely pleasant to consider.

"If you have kids, both parents need to be present when you make a will," Captain Schoeni said. "Sometimes people have had kids for a couple years and still have not filled out a will."

The process is usually relatively short and simple.

"Unless people have a lot of family members, we can usually draft up a will in under 20 minutes," Captain Schoeni said.

For more information or to set up an appointment, call the Legal Office at 634-2928.

Enter Beale's funny photo caption contest!

Be a featured caption writer for this week's photo. The author whose caption receives the most laughs from the judges will have their caption published in next week's High Flyer. Here's how to enter:

1 Write an imaginative, humorous, appropriate caption for the featured photo.

2 E-mail entries to high.flyer@beale.af.mil or fax entries to 634-8895 by noon Tuesday.

3 To be eligible, you must include the photo number of the contest on your entry. Also, please include your name and commercial phone number.

4 Contest winners are announced weekly.

5 All entries become property of the High Flyer.



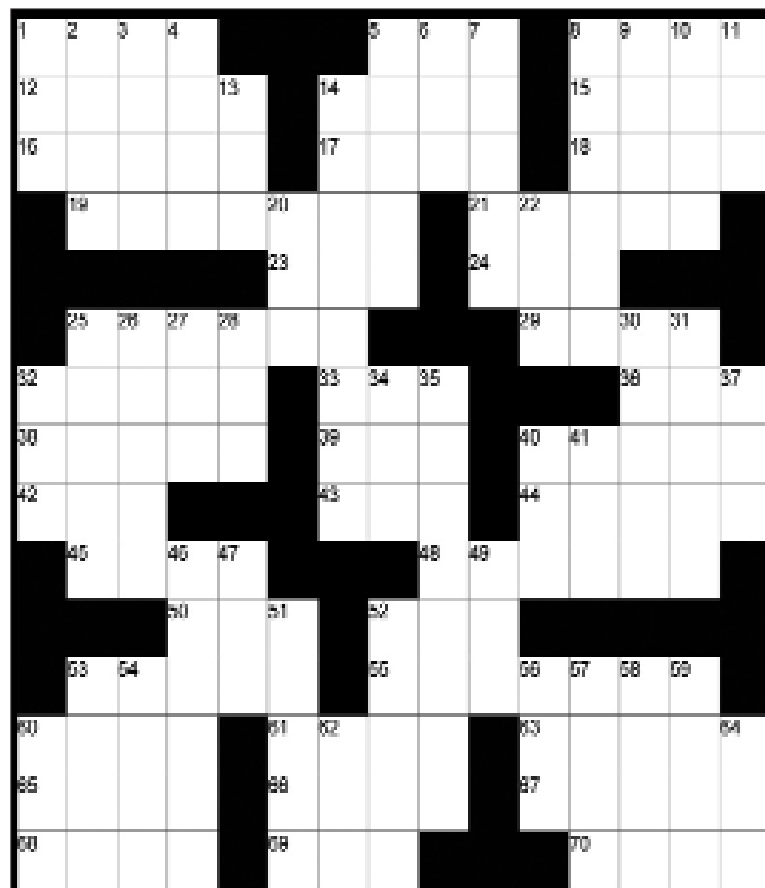
Photo 11

Last week's winner: "Okay, we caught it... Now what?" (Staff Sgt. Andrew Vincent, 9th Medical Operations Squadron)



Photo 12

E-mail submissions to
high.flyer@beale.af.mil



Air Force Moves

By Capt. Tony Wickman
71th Flying Training Wing PA

ACROSS

1. Small lake
5. Nickname for only General of the Air Force
8. WWII mil. vehicle
12. Slither
14. Rope with weights attached
15. Major or minor
16. House hunting or delay en route entitlement
17. Mil. quick
18. Type of reimbursable HHG movement
19. Non-temporary ____; paid holding of HHG while at austere base
21. Detached
23. Tiger's org.
24. Oriental metal pan
25. California mount
29. USAF org. who handles flights, reservations
32. New Zealand native
33. Breach
36. TV show Monk title character disease
38. Grads
39. Federal org. concerned with ecology
40. Cut up
42. Original computer operating

- system, in short
 43. USAF PME
 44. Stateside base designation
 45. Dodge vehicle
 48. Black eye
 50. Yanks' Civil War opponent
 52. Health spot
 53. Emblem
 55. Temporary expense allowance at stateside base (up to 10 days)
 60. Colorless
 61. Row
 63. Nonchalant
 65. Scent
 66. Restore
 67. Stare with malice
 68. Where pets must go before PCS
 69. Bark sharply
 70. Cast off
- DOWN**
1. AAA league
 2. Mining goals
 3. Tidy
 4. 80s band
 5. Hebrew prophet
 6. Maxwell AFB St.
 7. SE deciduous tree
 8. Japanese fighter
 9. 2000 film ____ Brockovich
 10. 10th Cen. Renaissance Italian noble family
 11. Advance ____; up to 3 month for PCS personnel
 13. Each

14. Accompanied and unaccompanied; TMO shipped items
20. Inclined
22. ____ Angeles
25. Boutique
26. Primary concern during PCS
27. Appendage
28. Sib
30. Metric weight
31. Happen
32. Angry
34. Overseas mil. address
35. Necessary item if PCS-ing overseas
37. ____ Moines
40. AT&T competitor
41. Charged particle
46. Must item before setting PCS appointments
47. Pos. opposite
49. Owned
51. Seamstress Ross
52. Doze
53. Commanded
54. Much
56. Joke
57. Trouble
58. Ark builder
59. 2000 presidential candidate
60. Overseas basing shipping entitlement
62. Ain't ____ shame
64. G-man

Solutions to last week, Page 13

0
0
1
3

Solutions to the March 17 puzzle

W	A	R	S	M	A	Y					G	A	E	L			
I	N	U	T	I	L	E				L	I	A	B	L	E		
T	R	E	A	S	O	N			F	O	N	D	E	S	T		
			T	S	E				E	A	T						
R	I	B	S					B	E	F	O	U	G	H	T		
O	R	E		K	N	O	L	L	S		P	R	O	D			
B	E	T		I	O	N	E				O	A	T	S			
			W	I	T	H	W	E	A	P	O	N	S				
O	D	E	R					P	O	S	T		P	B	S		
T	R	E	O		A	L	E	R	T	S			E	L	I		
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A	R	E	W	O	N						A	R	M	E	N	I	A
A	N	N	O								P	L	A	N	T	A	R

Get it straight!
Straight Talk Line
634-9411

Cardio Tennis provides an ultimate high energy workout

Get fit and have fun! Are you bored with the same fitness routine? Energize it with the newest fitness game in town, Cardio Tennis!

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Last Saturday was a beautiful day for the **Harris Fitness Center** to kick off this revolutionary sport, taught by tennis professional, **Kenny Pack**.

Cardio Tennis includes a warm-up, cardio workout, and cool-down phases. If you are looking for a great new way to get in shape and burn calories try Cardio Tennis. This class offers programs and drills geared for existing players and beginners to get a great cardio

workout while their improving tennis skills.

Cardio Tennis also provides you with a perfect opportunity to improve your game. The Harris Fitness Center will offer this program every Saturday morning from 10:30-11:30.

All evidence indicates that to improve overall health and reduced the risk of heart disease, we need at least 30 to 60 minutes of moderate intensity aerobic exercise most, if not all, days of the week. Cardio Tennis can go a long way toward helping you realize this health benefit while giving you a complete workout. If you are interested in joining this class, or want more details, show up this Saturday at the Harris Fitness Center or call **634-2258**.



(above) Tennis instructor, Kenny Pack, prepares the class for a Cardio Tennis workout. Right: Abman John Mull participates in a cardio obstacle course.


COYOTE RUN
LADIES DAY, Every Wednesday
9:00am - 10:30am
MEM'S DAY, Every Thursday
9:00am - 10:30am
JUNIOR CLINIC, Every other Saturday
2:00-3:00pm - FREE*
CIVILIAN CLINIC, First Tuesday
2:00-3:00pm - FREE*
*Inclusion in regular day personal schedule.
 *Classes limited to 100.

Coyote Run Golf Course 788-0192

EMPLOYMENT Opportunities

Cardiac Clinician	Recce Point Club/Beale AFB
Child Development Program Assist.	CDC
Cook	Recce Point
Ordnance Worker	Lodging
Food Service Worker	CDC
Laborer	Lodging
Lifeguard	Pool (CDC)
Recreation Aid	Outdoor Activities Center
Sales Clerk	Auto Hobby
Swim Instructor	Pool (CDC)
Training Specialist	8th Services Squadron

NAF Thousands of positions available. Immediate positions and long-term opportunities.

DEFENSE PERSONNEL • 634-2258
www.defensepersonnel.com

Family Night

Celebrates
YOUTH ARTS

March 29 • 5:00-7:30pm

Join us for an night of creative fun and be sure to have your child dressed for mess!

Club members \$1 • \$7.55 non-member adults

Recce Point Club • 634-4948

HELP WANTED!

Herolitics Instructor
 Need energetic, certified aerobics instructor. Must have a current CPR Certificate.

Massage Therapist
 Looking for a professional, certified massage therapist. Must have a current CPR Certificate.

Call the Harris Fitness Center at 634-2258 to apply.

Turn your excess stuff into cash!



Flea Market

Saturday
April 1st

9:00 a.m. to 2:00 p.m.

Sign up at the Community Center.

Location of sale: the BX!

For details: please call 634-3140.

Sign Up Early!
 Registration starts at 4:30pm

Texas Hold'em

April 13, 20 & 27

Tournament starts 5pm

\$5 members • \$10 non-members

RECCE POINT CLUB

634-4948 18 & over

LIFEGUARDS NEEDED!



for the
Base
Pool

ON and NAF positions available

Great opportunity for High School and College Students

ON positions, call Civilian Personnel at 634-2256

NAF positions call HR at 634-2243

Paintball warriors hit the battlefield at Rod & Gun

The weather is warming up and people are beginning to come out of their shells to look for fun outdoor activities that will keep them entertained at a reasonable price. The **Rod-n-Gun Club** has many programs to fill those needs. They offer a wide variety of programs including archery, trap and skeet shooting, pistol shooting, sporting clays, and paintball.

Last Saturday, the Rod-n-Gun Club hosted a paintball war game for a group of airmen. About 60 young men and women showed up for the event. Paint balls flying from both directions as each side tried to conquer their opponents.

Most people who have never played paintball have no idea what to

expect. Getting hit by a paintball can sting a bit according to some of the warriors participating. The Rod-n-Gun Club is big on safety so they require partici-



pants to wear goggles, headgear and appropriate clothing.

If you are a beginner and plan on having a paintball party there are a

few words of advice. Once you're on the field, watch what the "regulars" are doing, or ask advice from the field manager. Standing up in the open too long will make you an easy target. Start out slow and don't expect too much in the first game or two. Once you are comfortable and have shot a few times, the game will run smoother and more fun will ensue. Players work on the honor system. If you get hit, you stand up and say, "I'm out", and hold your gun up in the air. They even have a judge to mediate any protests.

So, whether you're looking for supplies for your paintball gun, or need some hard to find accessories or cleaning supplies, the Rod-n-Gun Club has it all. Be sure to stop by or make an appointment today or call 788-2473.



The Membership Club Card drawing is currently at

\$450

Drawing is held every Friday night at the Racco Point Club. Must be present to win. If winner is not present, the prize may increase \$25 each week until a winner is present to accept the award.

Easter BRUNCH

SUNDAY, APRIL 16
 10:00AM-2:00PM

SAMPLE MENU
 Scrambled Eggs - Belgian Waffles
 Country-style Potatoes
 Biscuits & Gravy
 Cheese, Blintz w/ Fruit Topping
 Honey Ham - Champagne Chicken
 Salads - Desserts
 and more!!

ADULT: \$16.95
 CHILD (4-10): \$5.95
 CHILD (3 & UNDER): FREE
RECE POINT CLUB
 634-4948

Welcome to the Point!

"Our goal is to create affordable and delicious food in a family friendly environment."

Dining at the Club every
 Friday night from 5:00-7:30pm



Served with bread salad and choice of pasta or rice Pilaf and Chef's vegetable

Pasta Roll	10 oz	\$16.95
	12 oz	\$18.75
NY Strip Steak		\$20.00
Chicken Fried Steak		\$12.50
Charbroiled Gold Watermelon		\$18.90
Grill Shrimp		\$17.75
Barbecue Street Pasta	with chicken	\$14.50
	with shrimp	\$20.75
Italian Sausage and chicken		\$11.95
Chicken Tender Platter		\$17.99

Reece Point Club
 634-4948



Hearts Salad		
Quaker Salad		\$2.75
Quaker Salad with chicken		\$3.40
Soup & Salad with a meal		\$6.60
Soup & Salad with a meal		\$7.95
Quaker Chicken Pot Pie		\$12.75
		\$5.75



Chocolate Dessert		
New York Style Cheesecake		\$2.95
		\$2.95



Ice Tea		\$1.00
Lemonade		\$2.00
Salad		\$2.00



Maggiore Cheese Steak	\$4.35
Chicken Tenders	\$5.55
The Point Wings	\$7.75
Stuffed Mushrooms	\$5.00
Breaded Stuffed Chicken	\$6.40



(Served with fries and a piccolo spear)	
Club Sandwich	\$7.05
Chicken Blast Sandwich	\$7.55
"The Classic Burger"	\$3.15
Shelly Salad	\$4.75